



Roasted Vegetable Hot Pot with Buckwheat Noodles



Vegetarian



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 2 cups cauliflower florets
- ☐ 3 cups chicken broth
- ☐ 8.8 ounce soba noodles cooked
- ☐ 0.5 eggplant peeled cut into 1-inch chunks
- ☐ 2 tablespoons cilantro leaves fresh plus more for garnish chopped

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 spring onion thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 cup orange juice
- ☐ 1 tablespoon orange zest grated
- ☐ 6 servings pepper freshly ground to taste
- ☐ 1 bell pepper red cut into 1-inch chunks
- ☐ 6 servings sea salt to taste
- ☐ 2 zucchini cut into 1-inch chunks

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Toss first 4 ingredients in a bowl with olive oil and cumin to coat.
- ☐ Spread vegetables evenly on a lightly greased rimmed baking sheet, and season with salt and pepper.
- ☐ Bake for 20 to 25 minutes or until vegetables are tender and golden brown around edges.
- ☐ Place broth and next 4 ingredients in a large saucepan, and bring to a low boil.
- ☐ Add chickpeas, salt, and pepper, and simmer 2 to 3 minutes.
- ☐ Add roasted vegetables, parsley, and 2 tablespoons chopped cilantro; stir to mix. Discard bay leaves.
- ☐ Serve warm in large bowls; top with noodles and cilantro leaves, if desired.

Nutrition Facts



PROTEIN 15.87% **FAT 28%** **CARBS 56.13%**

Properties

Glycemic Index:55.72, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:19.658260889675%

Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 211.47kcal (10.57%), Fat: 7.03g (10.82%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 25.18g (9.16%), Sugar: 8.64g (9.6%), Cholesterol: 2.35mg (0.78%), Sodium: 872.25mg (37.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin C: 79.47mg (96.32%), Manganese: 1.13mg (56.34%), Vitamin K: 52.17µg (49.69%), Vitamin B6: 0.64mg (31.89%), Fiber: 6.55g (26.19%), Folate: 92.9µg (23.23%), Vitamin A: 1072.43IU (21.45%), Potassium: 665.66mg (19.02%), Magnesium: 58.26mg (14.57%), Phosphorus: 140.16mg (14.02%), Iron: 2.5mg (13.87%), Vitamin B1: 0.21mg (13.76%), Vitamin B2: 0.23mg (13.35%), Copper: 0.25mg (12.34%), Vitamin B5: 0.94mg (9.43%), Vitamin E: 1.35mg (9.01%), Vitamin B3: 1.73mg (8.67%), Zinc: 1.14mg (7.57%), Calcium: 74.72mg (7.47%), Selenium: 2.5µg (3.56%)